

Abstract

Title: TRX suspension training, creation of exercises and training units

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Objectives: The main aim of the thesis is to present modern equipment - TRX suspension training and the creation of exercises to all muscles parts of TRX Program. Literature unfortunately does not exist yet, and studies and researches dealing with TRX training is not much. All materials are from specialized TRX courses and are in English language. Therefore, the main task of this work is to organize, translate and write the informations, knowledge and literature related to this issue. Further, to present and also create two training units. One unit for full-body training and the other for core training.

Methods: The thesis is based on an analysis of theoretical basis and has the character of a literature review, concerning modern exercise equipment called the TRX. At work, I gradually gave individual categories, I have created with the selected literature. Basis for theoretical background I gathered from different sources, which included books, professional textbooks from seminars and courses, articles and publications.

Keywords: Exercises, TRX training, training unit, core, bodyweight training